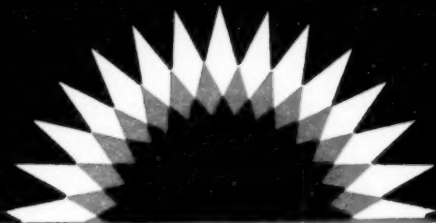


UNITY DAILY WORD



A MAGAZINE OF SUNSHINE

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NOVEMBER
1930

Command the Situation
Litany of Thanksgiving
God Still Answers Prayer
Keep Your Own Heart Right



A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

October 20 to November 19

I am radiant with the splendid light of the Christ within me.

The splendid spiritual energy that raised Jesus from the dead quickens my body, and I am restored to harmony and health.

The splendid spiritual energy that multiplied the loaves and fishes for Jesus increases my substance, and I am prosperous.

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UNITY DAILY WORD

A little companion that daily will direct your steps
to the sun-tipped heights in whose glory you will behold
the son of God, for such you are.

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F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

FORGETFUL FRIENDS

The friends who forget are the friends that we
need,

For they are the friends who are friends true,
indeed;

They never remember or e'er call to mind
Our shortcomings many, nor faults do they find.
They always forget every word said in haste;
Upon our misdeeds not a thought do they waste;
And, never recalling the things we'd forget,
They make us remember the good in us yet.



"He shall give his angels charge concerning thee."

COMMAND THE SITUATION



THE PROBLEM that you may need to handle today is one that you can handle—one that you can solve—one that you can master! It would not be your problem if you were not capable of solving it. In fact, the solution comes with the problem.

Get rid of the old belief that situations can master you, that you can be confronted with problems too difficult for solution. Cease to think of any circumstance as being too much for you. If you are related to it, then you are its master. You have dominion over every circumstance of your world. You are the master, not it.

There are those who take a sort of negative-positive attitude. They are those who say, "Serene, I fold my hands and wait," waiting for some miracle to happen. Their folded hands but symbolize inactivity, a consciousness not working, faith latent, themselves lazy and indifferent.

We should take the attitude of waiting—waiting upon the Lord—only when our understanding and faith have been so quickened that we know that something is taking place. Serenity is positive in that it neutralizes worry and tension. It is negative in that it may become decidedly passive, utterly oblivious of spiritual activity.

The true metaphysician commands the situation. He can meet any issue with serenity because he knows the outcome. He knows that something within him is master over all things

without him. Truly, his serenity is positive because Christ within him is serene and in command.

How do we take command of a situation? How are we able to arrive at that place in consciousness in which we can be truly serene, truly conscious of the working of Spirit? When are we ready to fold our hands and wait, knowing that our work is done and that God is working still?

We have taken command of a situation when we have reached that high consciousness in which we know that we have power over it through the Christ within us. We fold our hands and wait—in Truth—when we rise out of worry and personal concern and know that the hands of God are engaged in doing their effective work.

Prayers often seem to be unanswered, demonstrations are not made, because the individual fails to reach that point in consciousness wherein he knows that he—the Christ within him—is in command. A patient and persistent study of Truth helps us to arrive at this place. The exercise of faith helps us to develop such a degree of faith that we can know without the shadow of a doubt that we are in control of the situation at hand.

Are you in command of the situation that you need to handle at this moment? Do you instinctively feel the power of the Christ within you as mightier than the seeming power of the problem at hand? Can you feel that something

is taking place, that the clouds are lifting, that an indescribable easiness extends from the center of your being into the problem at hand? If you feel this, then you are beginning to command the situation. The gravity of the issue will not disturb your assurance and serenity. Yes, you can await the outcome with folded hands, since you have an inner assurance of what the outcome will be.

Commanding the situation is truly a positive attitude. Something within us says, "It is finished," and we consent. Something invisible except to our eyes of faith seems to be working with our problem. We know that that something is the Christ within us.

We cease to fret and to argue within ourselves. We say, "*Thy will be done. Thy will is now being done. Thou, O God, art in command.*" We most emphatically know that we are in command, that God within us is solving the problem, commanding the situation.

Do not stand idly by and let a spirit of lassitude make you indifferent to your best interests. Do not think that, when you are doing nothing, you are taking a higher attitude than you would were you mentally and spiritually alert. You must be active, positive to the good, assured of the working of Spirit. You must be in command at all times. Christ in you must be in command of every situation of your life.

Each time you take command of your world, you will be strengthened. Each time you will feel the commanding presence of Christ.

GOD STILL ANSWERS PRAYER

Remember well in times of stress
When you would all desires express,
 That God still answers prayer.
For men in prayer to Him have turned
Throughout all ages, and have yearned
For Him, and found themselves ne'er spurned;
 They found He answered prayer.

No prayer can e'er ascend in vain;
He gives His best, then gives again;
 For God still answers prayer.
We often fail to comprehend
The things of God, our truest Friend,
But of His good there is no end,
 For still He answers prayer.

By our own power to trust, believe,
He answers us, and we receive;
 Yes, God still answers prayer.
For 'tis by measure of our light,
Our power to pray, and pray aright,
He gives, then adds a blessing bright!
 Yes, God still answers prayer.

TIME AND DEMONSTRATION

MANY demonstrations are delayed because the individual gives too much thought to time. He tries to make a metaphysical demonstration even while binding himself to a certain respect for the physical element of time, to the belief that in the physical world a certain obligation to time must be fulfilled.

Demonstrations take place in that higher consciousness in which there is no concession to limitation. In the consciousness of the four dimensions there is no feeling of limitation in regard to material appearances or to man's belief in the slow processes of time.

Time, detached from the limited beliefs placed upon it, is entirely mental. It, too, belongs in the realm of the four-dimensional. Time is unlimited. In the higher consciousness there is no past, no future. In Spirit, time is timeless. The only time is the eternal now.

If you have been limiting your demonstrations by the race belief in time—past and future—you are withholding the time element of Truth from its connection with your demonstration. Time must be considered in its proper relation in the metaphysical world as timeless, without past or future.

Have you thought of your prayers as being answered tomorrow or of your demonstrations as being delayed? Again, the old concept of time has defeated you. You have agreed with the Adversary about time, while trying to agree

with the Spirit about demonstration. These two opposites must be reconciled.

You can make your demonstration of health or prosperity now if you can enter into the high consciousness in which demonstrations are made. You make the demonstration *when* you enter this consciousness, if time enters into the proposition.

The demonstration that you will make tomorrow could be made today if you reached the demonstration consciousness today and freed yourself from the time element. The thing that you may invent a year from today could be invented at this moment if you were in the consciousness of invention at this time. The tomorrow phase of the demonstration is purely personal, entirely something of your own bidding.

Are you looking for tomorrow to bring you some blessing? Do you, as it were, justify today's lack by promising yourself something better in the future? Better begin living today. Better to find some small degree of good to enjoy today than to live in the thought of a possibility of enjoying good tomorrow.

Enjoying good today will help you to appreciate tomorrow's blessings to a greater extent. The good that you enjoy at this very moment is the only good that can be real to you. In Truth, the only time is the now.

You will find that this teaching of timelessness will bring a new joy into your life. You will cease to worry about the future, cease to

grow old, cease to burden yourself with the cares that time brings.

Instantaneous demonstrations are made without any obedience to the belief in time. An instantaneous demonstration comes like a flash. The truth dawns and limitation is forgotten. All bondage to time, disease, and failure is broken, and the individual rises to a realization of his demonstration as complete.

What can delay a demonstration? Possibly, a belief in delay. Possibly, insufficient understanding and faith. Possibly, the one who prays does not ascend in thought to those heights on which desires and fulfillment are one. Failure in demonstration is purely personal and must be checked up to the individual. At times, there are certain mysterious workings of the Spirit to be considered. Ofttimes, an answer to prayer is withheld in order to make place for something far better. Strictly speaking, we must think of prayer as always being answered. Even when to human sense an answer seems to be withheld, through eyes of understanding and faith we can see Spirit's definite working.

Our part is to have faith in the law. No concession should be made to any belief in failure, limitation, or time. We should put our entire thought upon Spirit, knowing that good will come. It comes now if we are ready for it. Let us make ourselves ready to receive now any blessing that is winging its way to us.

KEEP YOUR OWN HEART RIGHT

You need not worry, need not fret
About the other fellow, yet;

Just keep your own heart right.
His problem he can better solve,
If you your fears will now dissolve;
So stop this moment and resolve
To keep your own heart right.

Relieve yourself of anxious thought,
For worry always comes to naught;

Just keep your own heart right.
Cease thinking of another's sin—
What he has done, or where he's been;
He'll have a better chance to win;
Just keep your own heart right.

Within your heart there's mighty power
To change all things this very hour;

So keep your own heart right.
If on the Truth your heart you place,
Your friend will win out in the race,
And he his God can better face;
So keep your own heart right.

WHO AM I?



EVEN WHEN the individual is in the depths of despair or in the throes of disease, there is something within him that instinctively tells him, "You are not this thing of sorrow and disease. You are apart from it. You are mightier than this which seems to drag you down and belittle you!" Possibly he has thought that he was one with despair and disease, inseparably linked with them. He may have thought that he was this very thing of weakness and disease.

In times of quietness and prayer he may feel an utter detachment from the presence of disease. He may reach the place wherein he feels that he refuses to live the character of an invalid. His consciousness of a new identity may make the whole aspect of disease seem utterly unreal and untrue.

At this point he may ask himself, "Who am I?" In reality, am I something weak and diseased, subject to contagion and pain, or am I something mightier than all this, something heavenly, something akin to God?"

There are those who identify themselves so closely with disease and evil that they seem unable to break this spell of adverse belief. Quite often, when we make a very absolute statement in our Unity magazines, some statement about man's being perfect and whole in Spirit and in Truth, the assertion is challenged by some one who does not have this high vision and understanding. Not long ago a theological student, reading a statement of this kind, sent in a long

list of Bible references to the effect that man is sinful, conceived in sin, and remains so.

There is, of course, the man of sin that appears from his having been burdened with sinful thought, and there is the man of Truth, the man of God. If we dwell upon the thought of sin or if we let disease hold sway in us, then we outpicture sin and disease. We appear as a thing of sin and disease. Has this appearance altered the truth, or proven it untrue?

Man continues to be perfect in Spirit, the son of God, regardless of what he does with his thought. The truth of his perfection and divine sonship is unalterable. Even when in the depths of despair or upon the bed of disease, he still has recourse to Truth. He can ask himself, "Who am I?"—and have the right answer from his indwelling Spirit. He is man in perfection, divinely created, ever abiding in the mind of the Father as His perfect son!

In the Unity textbook, "*What Are You?*", Imelda Octavia Shanklin writes, "You are the Son of God, but not always have you acted the part." If we were as busily engaged in realizing the truth of our perfection as we are in wearing the mask of imperfection, how the world would change! If those who tell of their operations, their symptoms, their hard luck, and their failures would grasp the truth of their spiritual identity, they would talk only of health and success.

Ask yourself, "Who am I?"—and quietly wait for the answer. It will be revealed to you.

You will come to know yourself as something entirely different from what you have formerly appeared to yourself to be. Your divine sonship will be revealed to you. You will see yourself as something detached from the race belief in sin and disease and failure. You will behold yourself in the beauty of holiness. You will see yourself as master of your world.

When things of the outer world seem to disturb you, ask yourself again, "Who am I? Something affected by every capricious wind? Something defeatable? Something barometric?" Back will come the answer, "You are from everlasting to everlasting. Nothing of the external world can harm or master you. You are constant, enduring, unchangeable!"

Do you grasp the truth of your identity in Spirit? Will you consent to cease believing that you are evil or diseased? Then hold persistently to this high realization. When persons or things of the outer world would disturb you, know the truth that you are unaffected by material beliefs or external events or personal opinions. You are the son of God, constant in your faith, mighty in power, living eternally in the heavens of spiritual-mindedness. That is what you are!

LITANY OF THANKSGIVING

For the light of Truth now shining in my consciousness, *God of light, I am thankful.*

For the inspiration of Thy Word and for the illumination of my soul, *God of inspiration, I am thankful.*

For guidance and direction, wise and prompt decisions, *God who guideth well, I am thankful.*

For Truth that frees from ignorance, superstition, and darkness, *God of Truth, I am thankful.*

For peace of heaven now manifesting as harmony on earth, *God of peace, I am thankful.*

For Thy presence, satisfying and comforting me, *God within me, I am thankful.*

For Thy vitalizing, invigorating, sustaining life, *God of eternal life, I am thankful.*

For Thy strengthening power, for Thy enduring might, *God of mighty strength, I am thankful.*

For health that vanquishes disease, *God of health, I am thankful.*

For Thy omnipresence, filling my environment with heavenly benedictions, *God of bounty, I am thankful.*

For an abundance of all things good, *God of overflowing abundance, I am thankful.*

For love, for loving friends, and for infolding love, *God of love, I am thankful.*

For the spirit of thankfulness and appreciation and gratitude, *God of thankful hearts, I thank You!*

SATURDAY, NOVEMBER 1

I am free from every belief in bondage or limitation. I am free!

FREEDOM takes place first in the mind. The belief in bondage is replaced by the understanding of the truth about freedom. The thought that has held the individual in limitation yields to Truth when it is established in consciousness.

Search your mind and see what is the belief that seems to bind you, what is the thought that appears to be keeping you from expressing the Christ within you. See if you are bound by a belief in ignorance, insufficiency, hate, or fear. See what is the limited race thought that you have accepted as something true about yourself.

In the sight of God, in the truth of Spirit, you always have been, are now, and always will be the free and unlimited child of your Father. No belief in bondage can change this unalterable, incontestable truth. You are not a child of bondage. You are free! Jesus brought to mankind the message of freedom, the message that sets you free, the truth that is the absolute assurance of your own perfect freedom right now and right here.

The truth of your freedom that you now perceive will manifest as your physical freedom.

Ye shall know the truth, and the truth shall make you free.—*John 8:32.*

SUNDAY, NOVEMBER 2

My body is the embodiment of the Christ within me—of strength, health, perfection.



AS WE UNDERSTAND more and more of Truth we find that our beliefs about the body change. Formerly we thought of it as something infested with disease, something impure, to be despised, to be hidden from view. We looked upon the body as something mortal, carnal, forbidding.

Paul referred to the body as "a temple of the Holy Spirit" in which we are to "glorify God." To many this brings a new concept of the body, as a dwelling place of the Spirit of God in which we are to glorify Him, a habitation of life and of health. Since God's Spirit of omnipresence dwells in the body, where is there place for impurity and disease? If we are to glorify God therein, how can we identify it with weakness and disease?


If we would have our body acceptable to God, it must manifest His likeness in life, strength, and health. If the presence of Christ is to become manifest in our physical organism, then we must acknowledge His presence and do our part in causing it to show forth.

We each need to redeem our body from the race thought and to consecrate and bless it.

Present your bodies a living sacrifice, holy, acceptable to God.—*Rom. 12:1.*

MONDAY, NOVEMBER 3

*In the consciousness of God's justice,
I perceive perfect justice as mine.*

N THAT WORLD in which men think thoughts of injustice, they deal unjustly with others. They recognize injustice as something having place in their life, and it appears to claim that place. Injustice then comes as something that they mete out to others and, likewise, as a thing that manifests in their own life.

Have you found the other "world"? The world of truth, brotherhood, justice, and love—the world of Spirit, God's world? It is the world that in Spirit alone has reality, being, and permanence. God rules it as the supreme Judge. His justice pervades it entirely. When you learn to live in this world, all the world that there is in Truth, you, too, will abide in perfect justice.

Abiding in the consciousness that there is naught but the justice of God to affect us or our world, we free ourselves from the race belief in humanity, revenge, hate, and injustice. We clear our minds from the thought that injustice can come into our life. We establish the truth within ourselves that God is the judge and the justice who is now causing absolute justice to manifest as our own.

The judgment of God is according to truth.
—Rom. 2:2.

TUESDAY, NOVEMBER 4

*I am free from all tendency to worry
or to be anxious. I am care-free.*



PERSON may be said to worry when he is in an unhappy state of mind resulting from his entertaining the belief that he is unable to master situations in his life. He may believe that other persons, things, and events are in a sort of conspiracy against his own well-being.

We can readily see that to overcome worry we must overcome the tendency to believe that persons, things, and circumstances can master us; we must overcome the belief that anything can appear in our life that is mightier than the might of Christ within us. There will be nothing to worry about when we realize the truth that we, through the Christ within us, can handle every situation.

You can resolve all worry into the belief in a circumstance as having power. You can change that belief by substituting for it the truth that Christ within you has power over every condition. You can overcome worry by letting the truth operate in your mind.

Being care-free is a matter of being relieved of beliefs that make for care and worry. The care-free person knows that within himself is a power against which nothing of the outer world can prevail.

Be not anxious for your life.—Matt. 6:25.

WEDNESDAY, NOVEMBER 5

*I am unaffected by the belief in time.
Each morn I am renewed by the spirit
of Youth.*



THE BELIEF in time is responsible for many persons' becoming old. They believe that years have the power to make them crystallized and decrepit. They think of time as something having power over their minds and bodies.

Those who live in Spirit, they who are conscious of their oneness with the spirit of newness and youthfulness, need not grow old. Their unity with Spirit is their protection against the belief in time, years, and old age. Their consciousness of youth is an antidote against the race belief in age, decay, and death.

Would you defeat the outworking of the thought of age? Then keep the thought of youth uppermost in mind. Keep your mind spiritualized, centered upon Spirit and the things of Spirit: life, activity, and youth. Stay in spiritual consciousness and do not allow yourself to think or live on the plane on which the belief in age exists.

Let the thought of agelessness, the belief in perennial youth, be outwardly expressed in your body as physical youthfulness.

If any man is in Christ, *he is* a new creature: the old things are passed away; behold, they are become new.—II Cor. 5:17.

THURSDAY, NOVEMBER 6

I am joyful because the joy of God within me fills me through and through.

IN THE JOY of Spirit there is no place or provision for man's belief in depression and sadness. The race belief that persons and things have power to cause sorrow and sadness must give way to the truth that nothing in all the world can limit or destroy the joy of God at the heart of man's being.

Joy comes from the realization that the very Spirit of God is at the center of our being and that joy radiates from His presence. We need to think of this joy as something that is unaffected by outer conditions, unlimited by any person, thing, or situation.

Joy is but our realization of God's supremacy over things of the world. It is our realization that there is something within us mightier than things external. It is our consciousness of the utter nothingness of things limited, material, and adverse, our consciousness of the omnipresence of God as a joyful presence.

We rejoice to the extent that we know the truth of our oneness with God, the source of joy, from whom our own joy radiates.

My soul shall be joyful in my God.—*Isa. 61:10.*

FRIDAY, NOVEMBER 7

I have faith—faith in the power of God in me to overcome all things.



WITHOUT FAITH, we would be without ability to unite ourselves with God and the best that there is in life. By faith we witness the disappearance of things limited and adverse. By faith we behold the presence of God, the presence of infinite good. By our faith we cause evil and limitation to disappear from view, and cause good to spring into sight.

You may ask, "How do we accomplish so much by faith?" By our faith in God we relate ourselves to the good. This act causes us to withdraw from the thought or the condition that causes evil to appear. The matter of overcoming evil through faith is simply one of increasing our thought of the good to the extent that there is no place for what we call evil.

Faith denotes allegiance and loyalty. When we stand for Spirit and for Truth, when we exercise a sincere devotion and show an unwavering fidelity to God, we cannot have faith in sin, evil, and adversity. The measure of our faith, then, becomes the measure of our ability to bring good into evidence. Our faith denotes our ability to demonstrate the Truth of God.

In faith ye stand fast.—I Cor. 1:24.

SATURDAY, NOVEMBER 8

*Through love every adverse condition
in my life is dissolved and removed.
Love rules me supremely.*



LOVE HAS POWER to annihilate the most persistent or stubborn case of hate. Nothing can withstand the power of love, because love is born of God. Love is God.

The boastfulness of hate, fear, or adversity but shows its ultimate defeat through the still, confident working of love. The more hate vaunts itself, and the more it displays its seeming power, the more does it advertise its approaching downfall. Hate, envy, and personal animosity must give way to love.

Love, like God, is omnipotent. Love makes no concession to the claim of hate. Even as hate has no reality, no power, in Truth, so does love enjoy all power, omnipotent strength, because it is established in God. Love is invincible. Nothing can thwart the power of love.

Love has power to heal chronic cases of personal misunderstanding, jealousy, and bitterness. The most hardened heart must yield to the ministrations of love. The most stubborn thought of hate must give way to love's omnipotence.

Above all things being fervent in your love among yourselves; for love covereth a multitude of sins.—*I Pet. 4:8.*

SUNDAY, NOVEMBER 9

*From the Spirit of God within me
pours forth good sufficient to fill my
world with good.*

GOOD emanates from the very depths of man's being, that place wherein he contacts God through spiritual consciousness. We can see that good comes as a blessing from heaven, as a gift from God. We seek the kingdom of heaven, spiritual consciousness, in order to cause good to manifest.

What the world knows as evil appears as the result of man's thinking thoughts not based upon the truth and science of God. The student of spiritual science, the absolute science of Christ, knows that God, the good, is all that there is in Truth. The person who thinks of evil as something brings an abnormal condition into his life. He is forced to recognize evil as something, although it can have no place in the omnipotence and omnipresence of good.

Turning our thoughts away from sin, evil, and disease—unrealities, as proved by the science of Christ—we find that we can give our entire attention to Truth, God, Christ, good. As we meditate upon the presence and the power of God we find that good manifests and increases in our life. Good, like God, is found to be all that can exist.

The good man out of the good treasure of his heart bringeth forth that which is good.—*Luke 6:45.*



WHICH D

I dreamed that God filled
And, in my dream, it seemed
understood,
And all the persons that
Their every thought on
to wait.

I woke and looked upon
Were all about, and will
Disease and war were rife
It seemed that they'd for

I asked myself: "Which
Or, else, the dream of heaven
The answer came deep from
That God, the good, alone



CH DREAM IS TRUE?

God filled all the world with light and life and good,
dream, it seemed through love all things were
od,
ersons that I saw knew well their perfect state;
ough on God was placed—on God they seemed

ked upon a world where fear and hate and sin
and wil's voice was clamoring in the din;
r were raging wild, and men were evil-bound;
hey'd forgotten God, that Satan they had crowned.

“Which one is true: this ‘dream’ of worldly strife,
eam of heavenly bliss, the dream of love and life?”
ne deep from my heart—the truth I always knew:
ood, alone is real! The heavenly vision's true!

MONDAY, NOVEMBER 10

Knowing that Christ—the real of me—is perfect, I cease to think that I am imperfect in any wise.

DO YOU grasp the truth of your perfection in Christ? Do you realize that the real of you is something that is never blemished, never limited, never imperfect? Can you think of yourself as so at one with the Christ within you that you are unable to think of yourself as imperfect according to the standards of the world?

Know that within you is that which is never affected by things external. You may think of yourself as imperfect, others may think of you in the same way, but you still remain as you have ever been in Truth—flawless, unlimited, whole, and perfect.

Christ within you never changes. The spark of divinity at the heart of your being continues to burn and to shine. God within you endures forever. The seed of perfection planted within you at the beginning continues to exist, to grow, and to prepare for a complete blossoming forth.

The real of you is Christ within you. All else is unreal, presumptuous, fleeting. Perfection is your name in heaven. A consciousness of your perfection in Christ must be your goal.

Let us press on unto perfection.—*Heb. 6:1.*

TUESDAY, NOVEMBER 11

The peace of Christ prevails in my heart and in my world today.

PEACE comes to us when we rise to that consciousness in which there are no warring or inharmonious thoughts. We enter into that consciousness where we perceive peace as an actuality, Christ as an actual presence.

Keep your mind free from peace-destroying thoughts, and your peace will be secure. When you know the thoughts that are inimical to peace, your attitude must be one of refusing to entertain them. You must be so busily engaged in thinking of peace that you cannot give thought substance to hostile thoughts.

When your mind is free from thoughts opposed to peace, you can identify yourself with Divine Mind, whence issue forth peace and harmony. Being peaceful becomes a matter of ceasing to be combative, resistant, inharmonious. You find the quietness and assurance of peace when you turn from the world of disquiet.

Christ is peace. Christ within us is our assurance of perfect harmony. As we turn our thoughts within, we find peace, perfect peace, peace alone prevalent. We find the Christ, the ultimate of our desires and ideals.

Christ . . . he is our peace.—*Eph. 2:13, 14.*

WEDNESDAY, NOVEMBER 12

I am alive forevermore because the Christ, the Spirit of life, lives within me.

DO YOU want more life? Do you need more physical vitality? Then cease to think of yourself as weak or fatigued. Do not think of yourself as lacking in vitality. Turn your attention to the very Source of life within you.

Your first step is to increase your consciousness of the omnipresence of life. You need to realize that Christ is actually present within you as all the life and vitality that you need or can use. You must know that this life, your life, cannot be exhausted.

Turn from the belief that things external to you have power to depress you. Do not think of any situation as having power to rob you of the consciousness of life. Christ within you is never depleted. Christ is your life.

The life that you sense through spiritual consciousness will be manifested, externalized, in your body as perfect physical life. The life of Christ that you sense through prayer is the very life that is yours to use day by day.

You are alive forevermore because Christ within you is eternally alive. His life is limitless, deathless, eternal, existing forever and ever.

The spirit giveth life.—II Cor. 3:6.

THURSDAY, NOVEMBER 13

All my thoughts, all my acts, are now under the dominion of God, divine principle, the law of good.



ALL OUR THOUGHTS and acts must measure up to divine law if we are to progress spiritually. The law of God must be our chart and our compass. It must be the law under whose dominion we place ourselves, our loved ones, and all our affairs.

In the working of the law of good, we see God, divine principle, at work. Back of this law, which is the law of our peace, health, and prosperity, stands the unfailing principle of Truth. We relate ourselves to the law and its working when we so discipline our thinking that God and His principle are paramount in our life.

Think of the law of God as being as reliable, as scientific, and as accurate as are the laws of mathematics. A realization of this truth will help you to understand the scientific aspect of prayer, life, and demonstration. You will see that prayer or metaphysical treatment is based upon a law that cannot fail or disappoint.

To believe in the law of good, a person must give up all thought that any law of evil or bad luck can operate in his life. He must think of God, divine principle, as the only power.

I will put my law in their inward parts, and in their heart will I write it.—*Jer. 31:33.*

FRIDAY, NOVEMBER 14

*My heart is young and loving.
Through it courses the life of Spirit,
youth, and love.*



KEEP YOUR HEART young. Think of it as the center of youth and love. See that no beliefs enter into your deeper consciousness, the heart of your mind, that would picture upon your physical heart anything unlovely.

Think of your heart as it is in Spirit, the heart of Christ—loving, kind, and youthful—for such it is in Truth. This will keep your attention away from human values, and free you from limited beliefs about love and life. You will be more sympathetic, more compassionate, more considerate of others.

Your heart will reflect your deeper emotions. The thoughts of your subconscious mind make your heart what it is. If love and youth are active in your deeper consciousness, your heart of hearts, then, indeed, you will be most loving. The heart is in close relation to the soul and the Spirit. The heart on the physical plane has a deeper significance than a physical organ with physical functions.

Your blood will be kept pure and healthy if your heart is young and healthy. Remember, metaphysically considered, your blood is the life of God adapted to the uses of a physical body.

Let your heart live for ever.—*Psalms 22:26.*

SATURDAY, NOVEMBER 15

Thinking thoughts of Truth, I exercise the power of the Christ mind in all that I think and do.

MIND is power. The Christ mind is the mind of Spirit and of Truth. From it emanate mighty thoughts—thoughts of peace, power, health, and strength. Into every thought of the Christ mind—the mind of God inherent in us—goes the very might of God.

Do you understand why adverse thoughts—thoughts of inharmony, hate, fear, disease, lack, and death—must yield to the power of the Christ mind? Do you see that adverse thoughts have no power back of them and cannot exist in the presence of the thoughts of Truth and reality? Do you see that God Himself commands the situation when the thought of Truth prevails?

The Christ thought transforms whatever it contacts. It has power to renew your world. It is mighty to establish itself in place of any negative or limited belief. Your redemption from the world of adversity lies in the might of the Christ mind.

The Christ thought now operating in your mind is now revealing to you your world of good, your universe of peace and plenty.

Be renewed in the spirit of your mind.—*Eph.*
4:23.

SUNDAY, NOVEMBER 16

*Established in the consciousness that
God is with me, I go the way of Spirit—
the way of peace and success.*

WE FIND the right path in life when we realize that the Spirit of God is with us, guiding and directing us. This is the Spirit of peace, wisdom, order, justice, and success. These blessings of Spirit are found when we go the way that Spirit reveals to us.

Does your way seem to be one of hardship, misunderstanding, injustice, disorder, or failure? Do you seem to have to go alone and to bear hardships alone? Then turn to the true way. Realize that you do not have to go the way of hardship. You do not have to go alone. You do not have to fight. God is with you. Turn to Him within you, and let Him direct your steps and overcome the Adversary for you.

Do you often think that decisions are hard to make, that you do not know which way to turn? Let Spirit within you direct you. Your feet will be put upon the right path. To Spirit, there is but one way. When you are established in spiritual consciousness, there can be but one way for you.

Thou wilt show me the path of life.—*Psalms 16:11.*

MONDAY, NOVEMBER 17

*I patiently witness God's perfect work
now being done in all my affairs.*

WE FREE ourselves of impatience when we can personally stand aside and let God do His perfect work. We lose all feeling that we must try to do God's work for Him, or that He will fail us in time of need. Impatience, then, is a certain restlessness born of insufficient faith and understanding.

The patient person always gets his reward. His patience takes care of that. By his patience he is able to wait without fear of disappointment and behold his good coming in ever increasing measure. His blessings come to him as a compensation for his trust in times of trial.

By patience we show ability to see beyond appearances and to behold God's perfect work being done in all our affairs. We cease to look through human eyes and to place a human value upon situations. We no longer accept appearances as reality, or think of them as having existence in Truth. We look beyond things as they appear and see their counterpart in Spirit.

Patiently trusting God, we increase our faith in our own indwelling Spirit. We know that, regardless of what happens or what appears, God still lives, good still prevails.

In your self-control [supply] patience.—II Pet. 1:6.

TUESDAY, NOVEMBER 18

*The truth of God is my deliverance
and my protection.*



RUTH delivers us from ignorance, superstition, and fear. Truth saves us from situations founded upon the mistaken belief that error, evil, and sin have place or power. Truth becomes identified with us through our knowledge of it and becomes our deliverance first as a protection against false beliefs.

The truth that we are sons of God delivers us from the falsehood that we are like worms of the dust. Knowing the truth of our divine sonship, we cannot believe the opposite. We cannot accept that which is not true, not based upon the science of God.

The truth of our health and wholeness is our protection against the belief that we are weak or diseased. Establishing the truth in our consciousness, we are delivered from all thought that we are anything short of being perfect and whole in Spirit.

The truth that God is our constant supply and support saves us from the belief that we can lack any good thing. We are liberated from the belief in poverty when we accept the truth of our abundance in Christ.

His truth is a shield and a buckler.—*Psalms*
91:4.

WEDNESDAY, NOVEMBER 19

*The light of God within me illumines,
inspires, and guides me.*



THE PRESENCE of God within us is the presence of radiant light. This light puts all mental darkness to flight and causes the mind to be illumined with the brightness of the presence of God. Every darkened belief—every belief in limitation or negation—disappears before the light of God.

When the light of God illumines the mind, the individual is lifted to spiritual consciousness. He sees his world spiritually illumined. The light of heaven shines upon him and his world. He stands in the light of Truth. Upon his head falls the benediction of heaven.

All inspiration is sent from heaven. It is a divine urge to carry out the mandates of heaven. It is a direction to man to share in the wisdom of God. It is a process of man's thinking the thoughts of God after Him and accepting them as his own.

The light of God, when followed, will lead, guide, and direct us into our highest good. We shall be shown the way to go and the path to choose. Every step of the way will be revealed to us.

The light of God is our light, the source of our wisdom and intelligence, illumination and inspiration.

Jehovah is my light.—Psalms 27:1.

SILENT UNITY STATEMENTS

November 20 to December 19

The image and likeness of God is now expressed in me as perfect light and understanding.

I am the image and likeness of God—the prism through which Divine Mind flashes into expression its perfection, and I am made whole.

As I was in the beginning, I am now the perfect image and likeness of God, and all things that the Father has are mine.

THURSDAY, NOVEMBER 20

By the healing presence and life of Christ within me I am delivered from all belief in disease, and I am whole and well.

WHEN WE become conscious of Christ within us as our life and health we find that our attention is directed away from all belief in disease. We become so engrossed in the allness of Christ that we cease to think of any possibility of such a thing as disease. We lose sight of race beliefs to accept the truth of Christ, the truth about ourselves.

The common belief in disease is based upon the race thought that something external to man can work evil in his life, that something material can cause an unhappy and unhealthy state of affairs in his physical organism. The belief presupposes that there is a power other than the omnipotence of God.

Health comes when the individual knows that there is no presence, no power, in his life but the presence and power of Christ, that of life and perfect health. Christ within him becomes an actual presence, a living something, that he contacts and discovers to be his own life, the presence or reality of abundant life and strength.

Thy healing shall spring forth speedily.—*Isa.* 58:8.

FRIDAY, NOVEMBER 21

*The riches of God my Father now
manifest as bountiful supply for me,
His child.*



OUR RELATION to God the Father is such that we can expect Him to share His blessings with us, His children. We have every reason to expect to partake of His bounty. There is no reason why we should not inherit His storehouse of good.

When you think of the vast riches of God, think of them as belonging to your Father. Think of the position that you need or want as one that it is in your Father's power to give to you. Think of the increase in prosperity that is now coming to you as one that is given to you by Him who is Father over all.

Your taking the attitude that your supply comes from God will free your mind from the belief that men have the power to withhold it from you. You will cease to think of any one as being able to limit your supply or as having the ability to interfere with the free flow of your prosperity. You can readily see that the truth that your prosperity comes from God redeems you from all bondage to the belief that you must look to man for your supply or blame any man for your failure. Your supply came with you from God and is always where you are.

Already are ye filled, already ye are become rich.—1 Cor. 4:8.

SATURDAY, NOVEMBER 22

I am one with God and unified with all good, regardless of where it now exists or of the form in which it now appears.



DO NOT think of yourself as ever separated from God, the good. Do not allow the thought to remain in your mind that you can be kept from that which exists as your highest good. Give up thinking about separations, divisions, and oppositions. Meditate upon spiritual unity.

One with God within you, you are at one with all light, peace, life, love, and substance. You are unified with every conceivable blessing when you are unified with God. This unity insures you against the race belief in separation or lack.

When you discover your true relation to God, your oneness with Him, you find that you are also at one with good wherever it may be. The good in other persons—God in them—is akin to the good within you. All is part of God's universal good. Do not attempt to discriminate against the good on account of where it is found. Remember that good is universal, impersonal, unlimited by time or place.

Your work is to discover all the good that you can wherever it may be.

I beseech you . . . that there be no divisions among you.—*I Cor. 1:10.*

SUNDAY, NOVEMBER 23

*In the quietness of Christ I am free
from all disturbance. I am still.*



AS WE PASS from the outer life of disturbance into the stillness of the Christ life within us, we find ourselves entering into a new world—one of peace, harmony, and calm. The world that we have thought of as having power to disturb us is viewed through spiritual eyes, and we see it shorn of power to irritate and to annoy.

The quietness of Christ within us spreads to our very environment when we recognize Christ as all in all and His quiet as the only factor and influence in our life. Think of your world as ruled by the spirit of quietness, with not a note of inharmony or a sense of noise able to enter it, except by your consent!

The quietness of Christ is a silent presence of might and strength. From that stillness we receive power to do mighty things. The very power of Christ is latent within that quiet, and becomes active as it becomes our own. The belief that power must have pomp and ostentation is viewed as falsehood. The truth of the power of silence is accepted and understood.

In perfect silence there is supreme power—the power of Christ becoming your own power for good.

Commune with your own heart upon your bed,
and be still.—*Psalms 4:4.*

MONDAY, NOVEMBER 24

The Spirit of Christ now blesses my eyes, and I can see perfectly.



WE SHOULD think of our eyes as gifts from God by which we are enabled to see His world of beauty. Since God gave them to us, we should expect them to function perfectly. Our part is to recognize them as the eyes of God, through which His Spirit within us beholds all things in Truth.

If man finds that he does not see well, his first inclination is to condemn his eyes. Next, he tenses and strains his eyes. Neither should be done. He should relax and bless them. He should relax the muscles and nerves of the eyes as well as those of his whole body. He should bless and praise his eyes.

The Spirit of Christ is the spirit of healing. This Spirit is present in the world today the same as ever. The Christ that caused the blind to see centuries ago is the same Christ that opens the eyes and strengthens them today. The very presence of Christ is mighty to cause blind eyes to be opened and weak eyes to become strong.

Strong eyes are very necessary to all of us. We need to rise out of the race belief in poor eyesight and to know the truth that our eyes are the eyes of Spirit, eyes of perfection.

The eyes of them that see shall not be dim.
—Isa. 32:3.

TUESDAY, NOVEMBER 25

I am unafraid, because I have the courage of ten thousand.



WHEN WE realize the presence of divine fearlessness within us, we cannot yield to the belief in fear. Nothing in all the world can make us afraid when we are established in the consciousness of divine courage. Within us is the Spirit of Christ, that which knows no fear, that which instills into us courage supreme.

Fear comes from the belief that some person, thing, or event has power to harm us or to give us unhappiness. Often fear is entertained for another's well-being. We can think of fear as strictly negative, altogether opposed to the positive outlook, to reliance upon God and Truth.

Fear shows a lack of courage, so in order to rid ourselves of fear we need but to increase our courage. This we do by learning to rely upon God within us to the extent that nothing in all the world is able to make us afraid. Nothing is able to make us feel or fear its importance or power when we are in the consciousness of divine courage.

Our courage increases as we continue to abide in the presence of God and to know that He is mightier than all else.

God gave us not a spirit of fearfulness.—II Tim. 1:7.

WEDNESDAY, NOVEMBER 26

I enjoy my heaven here and now. I live in the presence of God and His heavenly blessings.

MANY PERSONS think of heaven as some ideal state in some distant future and in some far-away place. It is an ideal that always seems to be beyond their grasp and apart from their enjoyment. They spend their days in unhappiness, with this ideal in mind as something reserved for the future.

Heaven is enjoyed when we reach a high consciousness wherein we see all things in their right relationship. We live in harmony, peace, love, justice—in heaven. Could anything be more ideal, more heavenly, than an enjoyment of that consciousness in which we perceive the reality and feel the presence of perfect peace, love, and justice?

That which you visualize or idealize as heaven is something that you can enjoy at any time and in any place. Heaven is but an out-picturing of the heavenly consciousness. It is the idea of perfect existence, of harmonious relationships, become manifest.

Wherefore let us every hour expect the kingdom of God in love and righteousness; because we know not the day of God's appearing.—II Clement 4:15 (*Apocryphal New Testament*).

THURSDAY, NOVEMBER 27

For every blessing and for every evidence of God's goodness, I give thanks.



THE SPIRIT of thanksgiving comes from a deep conviction of appreciation and gratitude. We find it easy to give thanks when we are sincerely appreciative. We have no difficulty then in saying "thanks" right from the heart.

If you wish to cultivate the spirit of thankfulness, think often of the many things for which you are thankful. Enumerate all the blessings that you can remember. You will find that there are many which you may have forgotten. Even with a close counting the list will still be incomplete; many of your blessings will pass by unnoticed.

Are you sufficiently thankful for your knowledge of Truth? Remember, your knowledge of Truth is your understanding of your relation to God and the universe. What more could you desire, since all the good that you receive in life must come from this knowledge?

Give thanks for every evidence of God's blessings, regardless of how insignificant any particular blessing may seem at the time. Through your consciousness of Truth you can cause even the smallest of blessings to increase.

Giving thanks always for all things in the name of our Lord Jesus Christ.—*Eph. 5:20.*

FRIDAY, NOVEMBER 28

I am free from all mental and physical tension, because I rest in the presence of Spirit and am perfectly relaxed.



GIVE UP the thoughts that make you tense in mind or in body. Give up fear and hate, resistance and combativeness. Cease to worry or to be uncertain about the future. Relax!

If you would be perfectly relaxed, enter into that consciousness in which there are no tense thoughts. Resolve all tension back to mind and seek to correct the tension there. Relieve your mind of tense thoughts by substituting thoughts of peace and trust.

The practice of the silence will help you to become relaxed in mind. As you enter the silence you will feel tense thoughts drop away from you. You will sense a peace and a relaxation akin to the spirit of heaven. Through relaxation you will take on an attitude of mind by which you will know a kind of peace indescribable.

Peace and relaxation in the body comes through peaceful and relaxed thinking. Thoughts outpicture themselves upon the body. Physical relaxation results from a mind that is relaxed.

They rest in their beds, each one that walketh in his uprightness.—*Isaiah 57:2.*

SATURDAY, NOVEMBER 29

Filled with the zeal of Spirit, I am enthusiastic about everything that I do.

HOW MUCH the enthusiastic person seems to get out of life! He seems to derive a keen enjoyment out of life itself, and is enthusiastic about every experience that life offers him. Life is never monotonous to him. New experiences seem to thrill him on every hand.

Approach life with a new outlook every day, and you will find many things in life to make you enthusiastic. Of course, your consciousness of Truth will make you zealous, and you will find something to interest you, wherever you are.

If life should become a bore to you, if life should cease to interest you, just realize that you are looking at it from the standpoint of appearances. If you dissect life too much you will fail to catch its significance. The botanist who dissects a flower or the chemist who analyzes nature fails to see the beauty that the artist does. They seem to rob nature of its soul when they try to "look behind the scenes."

Live enthusiastically! Be zealous in all that you do! Catch the meaning of life and see it interpreted through the eyes of God, your spiritual vision.

Your zeal hath stirred up very many of them.
—II Cor. 9:2.

SUNDAY, NOVEMBER 30

I realize the power of prayer, the strength that comes from my living in conscious relation with God within me.



THINK of prayer as that mystical union between God and man. You are in prayer when you are conscious of this relation. Through spiritual consciousness you enter into that higher relationship by which you feel and sense God's presence and know that you are a part of it.

Do not think of prayer as a form of beseeching God or asking Him for something. In prayer you realize the gift that you would seek. By prayer you find yourself interrelated, inseparably related, with God. You find yourself at one with His blessings.

If you want health, enter into that higher consciousness in which you realize perfect health as now yours in Spirit. Realize the actual presence of the thing that you want. Cease to think of it as coming to you in the future. Know that it is now yours. Know that the thing exists now as your own, your gift at this moment from God.

Your aspiration Godward while in prayer is the path by which God's blessings come to you. Your spiritual thought builds the ladder by which the angels, the blessings, of God descend.

They ought always to pray, and not to faint.
—*Luke 18:1.*

Gift Suggestions

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For the friend who needs encouragement, our new Truth book, *Creed of the Dauntless*, by F. B. Whitney, will make a most acceptable gift. A cloth-bound book, price \$1.

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The Science of Food and Cookery, our new vegetarian cookbook, makes an attractive gift. Price, \$2.50.

For the Beginner in Truth

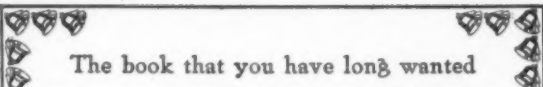
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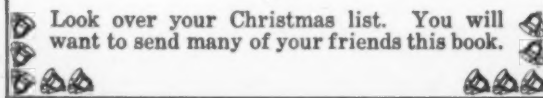
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